

## Inside



Autobots wage battle against the Decepticons in the Transformers sequel

B4

## Education

**Post-9/11 GI Bill Briefing** — If you were unable to attend the Post-9/11 GI Bill briefing held in the Base Theater on July 16, you have another chance. The Force Development Flight will be hosting a briefing on Aug. 19 at 1 p.m. in Hangar 2. If you want to attend, e-mail 15mss.dpe@hickam.af.mil and request a seat. Seating is limited. For more information, please e-mail 15mss.dpe@hickam.af.mil.

**Spouse Tuition Assistance Program (STAP)** — Spouses of active duty Air Force members may be eligible for STAP funds to go to college. Applications will be accepted Aug. 24-Sep. 11 for classes with a term start date of October/November/December 2009. For application process, go to <https://aiportal.acc.af.mil/stap/>. (1) All users must create/ input into an account (2) Click on “Apply for TA”, fill info, print form, and bring signed doc to ED office with LES and POA (if required). For more information, please e-mail 15mss.dpe@hickam.af.mil

**AUSIS login** — AUSIS is changing login procedures effective Aug. 3. Students enrolled in AWC and ACSC must go to the AUSIS Web site soonest for instructions on creating a new AU Portal account. In part it says, “Students will use their current AUSIS username and SSN as an initial password to create the AU Portal account, or register an account using your CAC. Once in the AU Portal, students who need to use the username/password option rather than a CAC will establish a 15 character password.” On Aug. 3, students will need to have an AU Portal account to get to AUSIS. If not done, students will not be able to access course materials and will not be able to take any on-line tests.

**Troops to Teachers Presentation** — A local representative will be available in Hangar 2, Room 102 on Tuesday, Aug. 11 from 11:30 a.m.-1 p.m. No appointment required. Plan approximately 1.5 hours for the presentation. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil

**Commissioning Briefing** — Will be held Friday, Aug. 14 at 1 p.m. in Hangar 2, Room 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. Contact the Force Development Flight via e-mail 15mss.dpe@hickam.af.mil or call 449-6363 to sign-up for the briefing. Plan approximately 1.5 hours for the briefing.



Photo by Chris Aguinaldo

At right, Staff Sgt. Amanda Leal — NCOIC of Emergency Management and Training — talks to Airmen about explosive identification during a CBRNE class on Tuesday. The group had just walked through a course and found a mock explosive device under a vehicle.

# WARRIOR *of the week*

by Chris Aguinaldo  
Hickam Kukini editor

**HICKAM AIR FORCE BASE** — For her dedication in training Airmen to keep safe while on duty, Team Hickam is proud to name Staff Sgt. Amanda Leal of 15 CES our Warrior of the Week!

Sergeant Leal is the NCOIC of Emergency Management Training and helps Airmen with their training for chemical, biological, radiological, nuclear and explosive (CBRNE) objectives.

She said what is gratifying about her job is “our wartime mission where we have a direct link to the decisions that are made base-wide when we are in a CBRNE environment. This makes me realize how

critical our job is. We not only teach CBRNE, we make recommendations to the commander on MOPP [mission oriented protective posture] levels.”

And this Millersburg, Pa. native takes her job seriously, commented 15th Civil Engineer Squadron commander Lt. Col. Dwayne Thomas.

“Since her arrival in April 2009, Sergeant Leal has hit the ground running and hasn’t stopped yet. She took over a training section and brought new energy, focus and vision to the section,” Colonel Thomas said.

“In a matter of months, she has revamped and streamlined our CBRNE scheduling and tracking system. Additionally, she spear-

headed the development of the new chemical warfare mask (M-50) Orientation Video, which will be available to all units in the near future. The PACAF functional has expressed interest in benchmarking this product for the command and possibly AF-wide,” Colonel Thomas continued.

Sergeant Leal has been in the service for seven years and joined “to travel and go to school.”

“Traveling and meeting so many different types of people has definitely changed my small town girl-type of mentality and has broadened my horizons,” she said.

Here at the Pearl of the Pacific, she also appreciates the temperate climate. “It’s beautiful here and you can’t beat the weather.”

At Hickam AFB, she sees some room for improvement for those wanting to keep fit, advocating for a “better or updated fitness center. The current one is too small and parking is impossible. I also think that the fitness center should be moved closer to the track.”

She would also like the Air Force to “lengthen the amount of time a woman receives to return to her pre-pregnancy weight/fitness level after giving birth. Six months is a difficult goal to meet for many women.”

Down the road, she would like to work on a Master’s Degree and eventually be stationed in the Northeast. “I’m ready to go home for a little while,” she said.

Wherever she goes, her commander says our Warrior of the Week is poised for success.

“She is definitely a true asset and I am proud to have her in my squadron. She is a difference maker!” heartily shared Colonel Thomas.

# Taking steps to improve running



Courtesy photo

Tech. Sgt. Brandi Thomas, NCOIC, Fitness, goes on a run.



by Airman 1st Class Katrina Plank  
Assistant Fitness Coordinator and Certified Personal Trainer

**HICKAM AIR FORCE BASE** — Last week I wrote about how to improve push ups for the PT test to ensure that all airmen are able to perform them correctly and efficiently so that the outcome is to be fit to fight all the time. This week I would like to talk about how to improve your running. There are two methods I will talk about in this article: long, slow distance (LSD) training and interval training.

First lets talk about long, slow distance training. This type of training is used to build blood volume and to increase muscle strength, endurance, and aerobic fitness.

Now, notice that is says distance training. This means that you will run a longer distance than your actual competitive run. For the PT test, our competitive run is a mile and a half, so we would want our training to be composed of running at least two miles or more, preferably more. The longer you can run, the more endurance you will build which will make your run for the PT test more efficient.

Now on these long runs you don’t want to be running at the pace you would as if you were actually testing. This would tire you out and you wouldn’t be able to finish the distance you set out to accomplish. The pace you want to keep is a “talking” pace. This means that you want to be able to run (or jog) at a pace that will allow you to be able to communicate without any type of respiratory distress that would make you have to stop.

Now since this is a longer run, you will only want to do this type of training about two times per week to allow for recovery and rebuilding of body cells. This does not mean to not run just the two times per week, but only do this type of training twice a week.

By doing only long, slow distance running you will not see significant results. This leads me into the other method of training:

**See FIT TIPS 09**



# Inside SERVICES

## Register now for the Hickam Half Marathon

The \$25 early registration ends today for the Annual Hickam Half Marathon Race at the Fitness & Sports Center. Late registration forms will be accepted until the day of the event. The Hickam Half Marathon will be held on Aug. 15 at Earhart Sports Complex. Check-in is at 5 a.m. and the race begins at 6 a.m. Entry forms and waivers are available online at [www.hickamservices.com](http://www.hickamservices.com) (click on Fitness & Sports Center). Call the Fitness & Sports Center at 448-2214 for details.

## Hickam Historical Trolley Tour each Wednesday

Information, Tickets & Travel has an exclusive Hickam Historical Tour every Wednesday. The next tour is on Aug. 12 from 9 a.m. to 2 p.m. Learn about the important role and sacrifice made at Hickam during WWII. See the original buildings that were attacked by bullets and bombs. Pick up is at the Hale Koa Hotel, ITT Office and the Hickam Lodging Office. The cost is \$45 for Adults and \$35 for Children ages 3-11. Lunch is included at the Officers Club. Call ITT for reservations at 448-2295.

## Washer Tournament at Wild Wing Wednesdays

Join the fun and play in the Washer Tournament held on Aug. 12 during J.R. Rockers

Wild Wing Wednesdays. Open play is from 5 to 6 p.m. and tournament play is from 6 to 8 p.m. Watch players throw large metal washers into holes on a wood or carpet surface. The cost is \$5 to enter the tournament. The event is open to ages 13 and up. Buffalo Wings are .45 cents from 4:30 p.m. until closing. Call the Enlisted Club for details at 448-2271, Ext. 227.

## Pre-school Storytime at Hickam Library

Hickam Library has pre-school storytime on Wednesday, Aug. 12 from 9 to 10 a.m. The theme is "Wild West". Pre-schoolers can sing and do crafts. Call Hickam Library at 449-8299 for more information.

## Kenny Hill's Comedy Jam After Party at J.R. Rockers

The Kenny Hill's Comedy Jam is at the Base Theatre on Saturday, Aug. 15 at 9 p.m. followed by an after party at J.R. Rockers at 11:30 p.m. For details and more information, call the Enlisted Club at 448-2271, Ext. 227.

## Register for the Hickam Duathlon at the Fitness & Sports Center

Registration for the Hickam Duathlon begins Aug. 10 through Sept. 10. The Duathlon will be held on Saturday, Sept. 26. For more information, call the Hickam Fitness & Sports Center at 448-2214.

## Hickam Clubs present 'The Magic of Membership'

Join us in celebrating a successful membership drive that ends on Aug. 15. The Magic of Membership party is at the Enlisted Club on Friday, Aug. 14 from 4 to 7 p.m. and is open to all ranks. There will be food, beverages and entertainment by Strolling Magician Glen Bailey, a fortune teller and a caricature artist. Enter to win a Big Island vacation. Trip includes roundtrip air for two and two nights stay at Kilauea Military Camp. Other prize give-aways include: Mamala Bay Golf Course and Ke'alahi Par 3 rounds of golf with carts, free brunch at the Officers Club, discount dinners at J.R. Rockers, bowling certificates and more! Join the Club and start saving now. If you join now, you don't have to pay the monthly dues for the first three months. Call 448-2271 (E) or 448-24608 (O) for more information.

## Michael Jackson Tribute at Uptown Saturday Night

Every Saturday is "Uptown Saturday Night" at the Enlisted Club. Enjoy the best music of Michael Jackson in a tribute to him at "The White Party" on Aug. 15 from 9 p.m. to 2 a.m. Check out the great food and great prices on the "J.R. Rockers After Dark" menu, served until 1 a.m. For more information, call 448-2271.

See SERVICES, B5

Hickam Clubs present

# The Magic of Membership

All Ranks welcome! **August 14 4-7 p.m.**



Join us in celebrating a successful Membership Drive **at the Enlisted Club!**  
New and old members welcome!  
Free pupus.

**Featuring: Strolling Magician, Glen Bailey, a Fortune Teller and a Caricature Artist.**

The grand prize is a trip for two to Kilauea Military Camp on the Big Island. (Includes air fare and accommodations.)



Other prize give-aways include: Mamala Bay Golf Course and Ke'alahi Par 3 rounds of golf with carts, free brunch at the Officers' Club, discount dinners at J.R. Rockers, bowling certificates and more!

• For more information, call 448-2271 (E'Club) or 448-4608 (O'Club)




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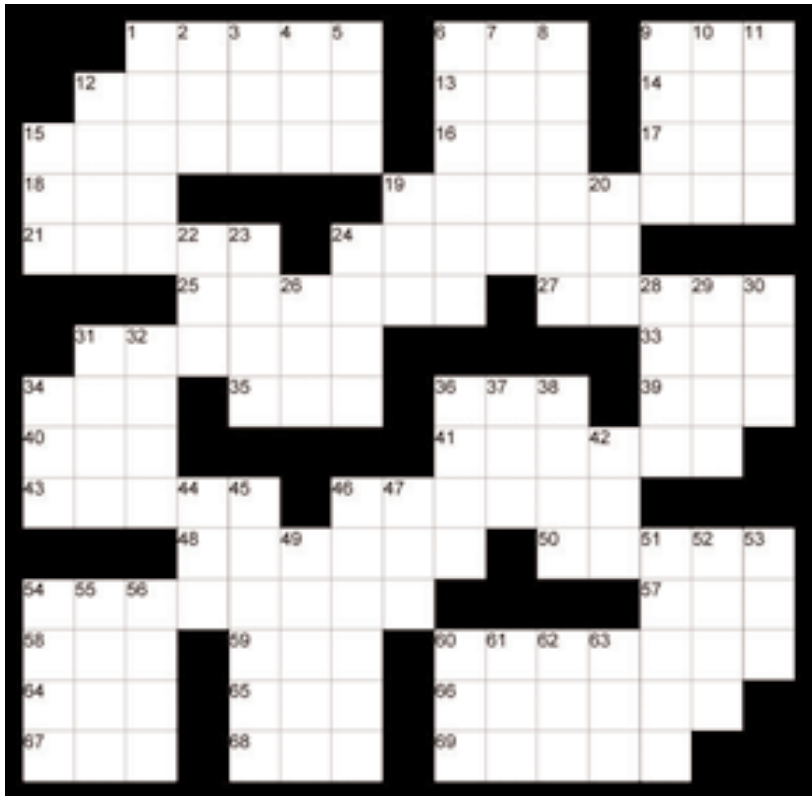
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# Crossword Puzzle: The Show Me State's Base



by Capt. Tony Wickman  
USAFE Public Affairs

## ACROSS

- 1. \_\_ Gay; plane that dropped atomic bomb
- 6. Father
- 9. Tit-for-\_\_
- 12. Glowered
- 13. American writer, newspaper columnist, and playwright George
- 14. Notre Dame legend Parseghian
- 15. First commander of 509th Composite Group/Bombardment Group
- 16. Army equivalent to AFSC
- 17. Mil. pay statement
- 18. Child card game
- 19. Brig. Gen. Garrett \_\_; current 509th BW commander
- 21. Cries
- 24. Drills
- 25. AH-64; assigned to National Guard tenant unit at the Show Me State base
- 27. T-38; plane assigned to 509th BW

- 31. Waste
- 33. Single
- 34. USAF MAJCOM the Show-Me State base is assigned
- 35. Red Sox Hall of Famer Williams
- 36. Female reproductive cells
- 39. Cereal grass
- 40. Scrooge utterance
- 41. Defensor \_\_; 509th BW motto
- 43. Rose to one's feet
- 46. Factory Girl actress Miller
- 48. US president from the Show Me State
- 50. Greek letter
- 54. 2nd Lt. George A. \_\_; Show Me State base namesake
- 57. Young boy
- 58. Charged particle
- 59. Part of USAF
- 60. Original name for the Show Me State base
- 64. Drunkard
- 65. Carpet
- 66. B-2; plane assigned to 509th BW
- 67. Tokyo, formerly
- 68. Vanilla \_\_; 2001 Cruise movie
- 69. Monikers

## DOWN

- 1. Arm joint
- 2. Capture
- 3. Mining goal
- 4. Permit
- 5. Commercials
- 6. Mar
- 7. Idolize
- 8. Arid place
- 9. Drying powder
- 10. Region
- 11. Assignment
- 12. Actress Gershon
- 15. Water holder
- 19. Exclamation of bewilderment
- 20. U.S. cryptologic org.
- 22. Cannon
- 23. Quarrel
- 24. Got a perfect score
- 26. Ripen
- 28. Knowledge acquired through education or experience
- 29. Black precious stone
- 30. Formerly
- 31. Jazz type
- 32. Rebounded sound
- 34. Stomach muscles, in brief
- 36. Kitchen appliance
- 37. XXX actor Diesel
- 38. \_\_ Domini
- 42. Water wall
- 44. NY Giant Hall of Famer Mel
- 45. Nightmares
- 46. \_\_ Jones; 2004 Kentucky Derby winner
- 47. Writer Fleming
- 49. Eskimo boat
- 51. N.Y. island used as immigration port
- 52. Pace
- 53. Oklahoma town
- 54. Sage
- 55. Head covering
- 56. \_\_ the Blue; 2005 Alba movie
- 60. Mil. ID
- 61. Federal org. concerned with pollution control, enforcement
- 62. Faint
- 63. \_\_ We There Yet?; 2005 Ice Cube movie

See SOLUTIONS, B5

# SUDOKU: FOR SOLUTIONS, SEE SUDOKU, B5

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4				3		8		7	
			1				9	8	
	8	6					1	4	
	2	4				7			
	7		9		3				1
			8	5		3			
							9		

## Team Hickam History

The Air Force's most historic airfield

**August 8, 1989** — The 15th Air Base Wing supports the third shuttle flight of the year (STS-28), which was a classified mission by the Space Shuttle Columbia.

back to Formosa after a visit with President Kennedy. A 19-gun salute and other suitable honors were observed at Hickam Air Force Base.

**August 11, 1990** — Hickam's inaugural triathlon offers personnel an opportunity to demonstrate their physical fitness.

**August 14, 1973** — The Bellows beach area is entered into the National Register of Historic Places because of significant archaeological findings, which determined it to be one of the oldest places of human habitation in the Hawaiian Islands.



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For more information on Base Chapel services , call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

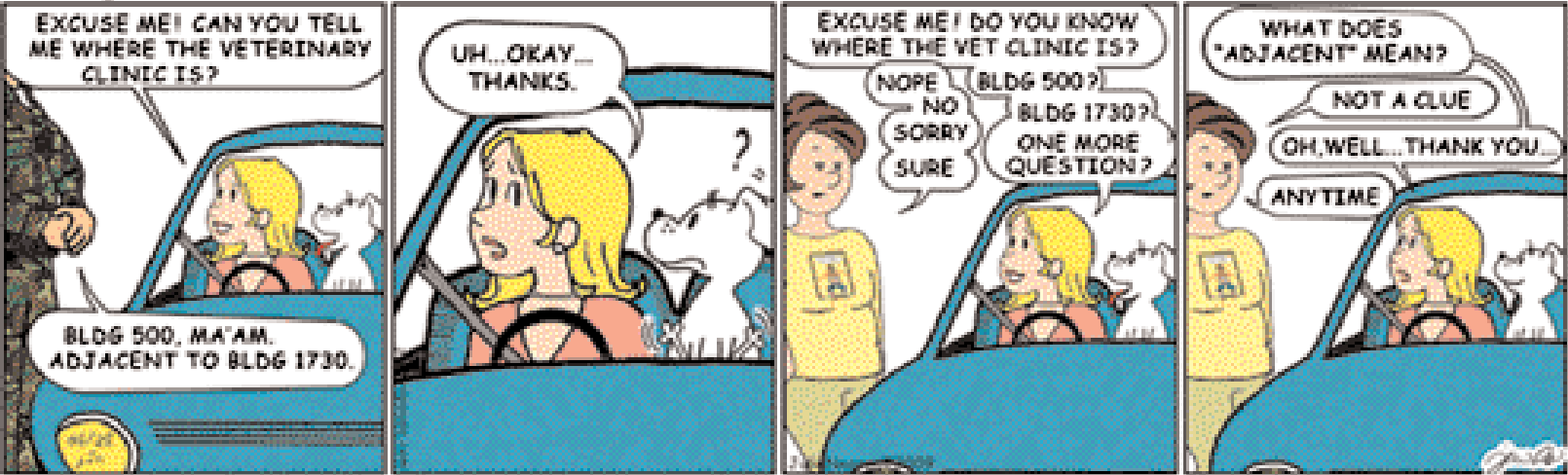
<b>CATHOLIC</b> Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	<b>PROTESTANT</b> Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	<b>OTHER RELIGIOUS OPPORTUNITIES</b> Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050	(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	King Hall First Floor Dayroom – Bldg. 1856. All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas, Video games, internet, movies and more Dinners every Tuesday at 6 p.m. To Volunteer, call the Hickam Chapel Center at 449-1754
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# AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

## Public Enemies

No one could stop John Dillinger and his gang. No jail could hold him. His charm and audacious jail-breaks endeared him to almost everyone — from his girlfriend Billie to an American public who had no sympathy for the banks that had plunged the country into the Depression. But while the adventures of Dillinger’s gang thrilled many, J. Edgar Hoover made Dillinger America’s first “Public Enemy Number One.”



Starring: Johnny Depp, Christian Bale  
Rated R (gangster violence, language); 140 min.

## Transformers: Revenge of the Fallen

Decepticon forces return to Earth on a mission to take Sam Witwicky prisoner, after the young hero learns the truth about the ancient origins of the Transformers. Joining the mission to protect humankind is Optimus Prime, who forms an alliance with international armies for a second epic battle.



Starring: Megan Fox, Shia LaBeouf  
Rated PG-13 (intense sequences of sci-fi action violence, language, crude and sexual material, brief drug material); 152 min.

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FIT TIPS, From B1



interval training. This type of training is great for improving VO<sub>2</sub> max (maximal oxygen consumption). This means you are improving your aerobic capacity which is how much oxygen can be delivered to the muscles and how well the muscles process the oxygen. When you reach your maximum speed during your run, you are reaching your maximum oxygen consumption.

Interval training is making you achieve a greater VO<sub>2</sub> max by consistently stressing the oxygen delivery and processing when running. The outcome is a faster run.

Now to do interval training, you will need to run a much shorter distance, but at a much faster speed than long, slow distance running. Now keep in mind that you are not running as if it were a personal contest — that can lead to injury. It is a sprint.

Also, you will want to keep a 1:1 ratio, with your workout bout the same as your rest interval. An example is if you sprint one lap around the track then walk one lap around the track. You will want to work up to the sum of the workout bouts equaling the distance of the competition (or the PT test), or maybe even further.

Eventually, if you are doing one lap around the track as the workout bout and one lap as the rest interval, than you will want to be able to do a sum of six laps of workout bouts and six laps of rest intervals for a total of twelve laps around



Courtesy photo  
**By varying the kinds of running done, one can get a more effective workout program.**

the track. You will only want to do this type of training about two times a week as well because this is another method of training that can put too much stress on your muscles. Your muscles need time to rest and heal so that you will be stronger and perform better the next time.

This is a sum of at least four days of training to work on your run for both endurance and speed. However, don't let this be your only workout. Incorporate some strength training for an overall healthy and fit way of life.

SERVICES, From B2



**Find bargains at the Monthly Tailgate Sale**

Clean out your closets and reserve a space at Makai Recreation Center's Tailgate Sales Aug. 15 from 7-10 a.m. You can buy cool stuff at the Burger King parking lot. Contact the Makai Recreation Center at 449-3354 to reserve your space.

**Maui Wine & Lavender Tour**

Tour Maui's beautiful Winery & Lavender farm Aug. 15 to 16. The tour includes round-trip airfare to Maui, an overnight stay at the Maui Prince Hotel, breakfast and a private van tour. This trip offers an optional Ulalena or Kupanaha magic show. The cost is \$450 per person for double occupancy. For reservations, call Information, Tickets & Travel at 448-2295.

**Mongolian BBQ at Officers Club**

The Officers Club Mongolian BBQ is every Thursday from 5:30 to 8 p.m. for .65 cents per ounce. For more information, call the O' Club at 448-4608.

**Oil Painting Classes at the Arts & Crafts Center**

Sign-up for Oil Painting Classes at the Arts & Crafts Center taught by Max Gomez. Max is a talented and wonderful artist. Classes are held monthly for a fee of \$50, plus supplies, for five sessions. Students learn Still Life, Hawaiian Landscapes, Seascapes and Tropical Flowers. Beginners are welcome, no experience is needed. Ages 18 and up welcome. The Arts & Crafts Center offers an

array of classes taught by talented local artists. Visit [www.hickamservices.com](http://www.hickamservices.com) or call the Arts & Crafts Center at 449-9907.

**'Bowl Away Hunger' at the Bowling Center through Aug. 31**

Bowl Away Hunger is a new summer program which encourages patrons to participate in Hawaii's Food Bank programs. The program runs through to Aug. 31 and features a punch card system. Bowlers can bowl while helping others. Patrons can earn punches by bringing in canned goods, purchasing a medium fountain drink or bowling during Open Bowling. Punch cards will be entered into weekly and monthly drawings for great prizes. The Grand Prize is a Bowling Package which consists of a new ball, bag and Hickam Bowling Shirt valued at \$225. Call the Center at 448-9959.

**Two for One Steak Night Special at the Enlisted Club**

Get two sizzling cuts of Rib eye steak cooked to order with two orders of fresh vegetables on Tuesdays, 4:30-8 p.m. for \$17.95 at the Enlisted Club. For more information, call the E' Club at 448-2271.

**Balloons at Arts & Crafts**

The Hickam Arts & Crafts Sales Store carries balloons for all occasions. Check out the balloon bouquets for birthday, graduations, weddings, baby showers and holidays. The Arts & Crafts Sales Store is now open Sundays from noon to 5 p.m. For more information, call 448-9907, Ext. 105.

SOLUTIONS, From B3



SUDOKU, From B3

3	9	7	4	6	5	2	1	8
6	5	8	7	2	1	4	3	9
4	1	2	3	9	8	6	7	5
5	3	1	2	7	4	9	8	6
7	8	6	5	3	9	1	4	2
9	2	4	1	8	6	7	5	3
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